

Standardized Physical Training Program Implementation

Terminal Learning Objective

ACTION: Teach, lead and assess soldiers in
the performance of
**Standardized Physical Training
(PT).**

CONDITION: Given the TRADOC
Standardized PT Guide (BCT,
AIT Cohorted, AIT Non-
Cohorted, and OSUT).

STANDARD: Teach, lead and assess
soldiers in the performance of
Standardized PT IAW TRADOC
Standardized PT Guide (BCT.

Standardized Physical Training Program Implementation

Enabling Learning Objective (ELO) A

ACTION: Define physical fitness.

**CONDITION: Given the TRADOC
Standardized PT Guide (BCT,
AIT Cohorted, AIT Non-
Cohorted, and OSUT).**

**STANDARD: Define physical fitness IAW
TRADOC Standardized
PT Guide (BCT, AIT Cohorted, AIT
Non-Cohorted, and OSUT).**

Standardized Physical Training Program Implementation

Physical fitness is defined in The TRADOC Standardized PT Guide (BCT, AIT Cohorted, AIT Non-Cohorted, and OSUT) as:

The ability to effectively function in work, training and other activities while maintaining optimal health and well-being.

Standardized PT contains three interrelated components: strength, endurance and mobility.

Standardized Physical Training Program Implementation

Enabling Learning Objective (ELO) B

ACTION: Describe the components of
Standardized PT.

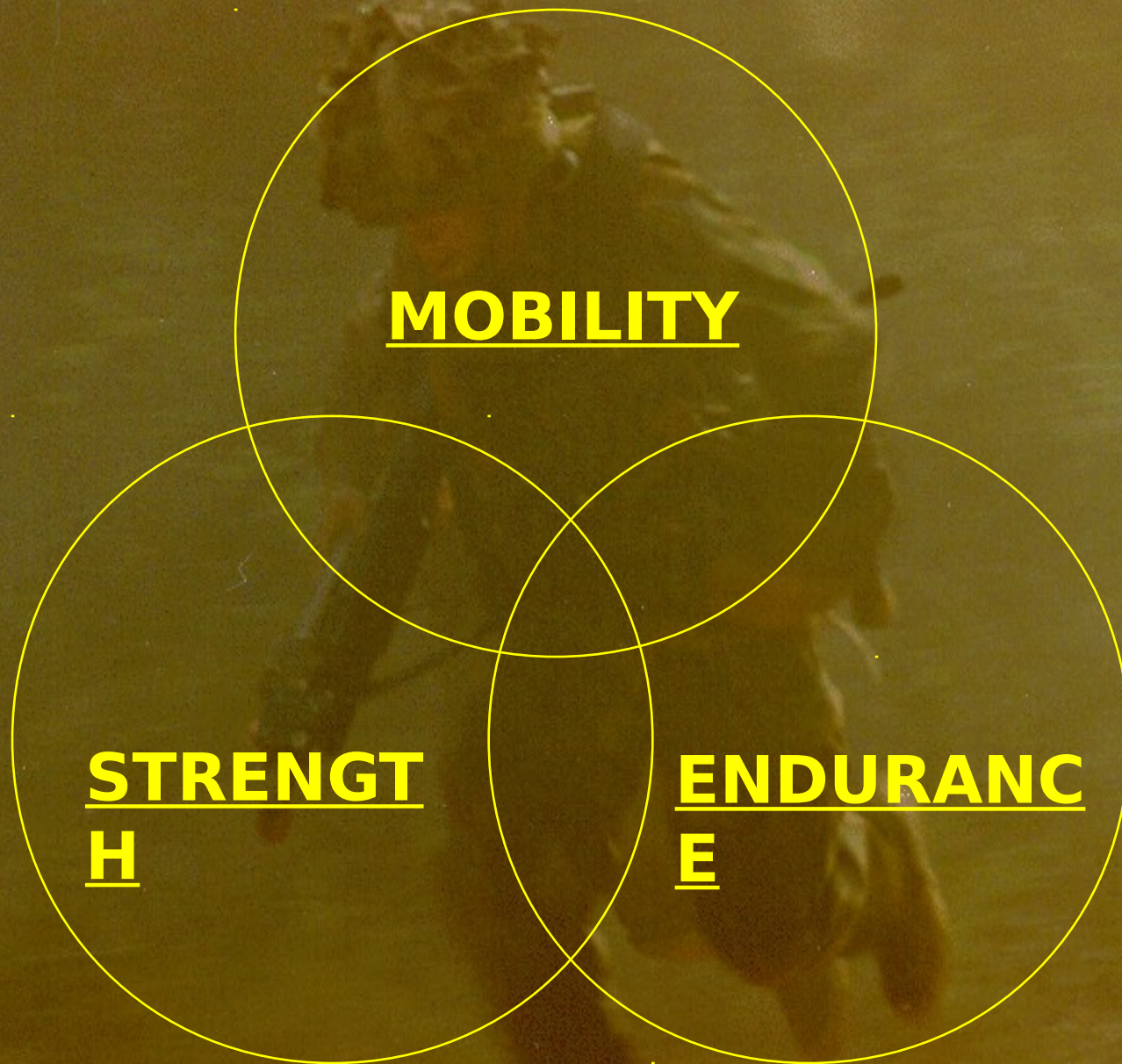
CONDITION: Given the TRADOC
Standardized PT Guide
(BCT, AIT Cohorted, AIT Non-
Cohorted, and OSUT)

STANDARD: Describe the components of
Standardized PT IAW the TRADOC
Standardized PT Guide (BCT, AIT
Cohorted, AIT Non-Cohorted, and

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Standardized PT Components

- **Strength**
- **Endurance**
- **Mobility**



Components of Standardized PT

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**Strength is defined in The TRADOC
Standardized PT Guide (BCT, AIT
Cohorted, AIT Non-Cohorted, and OSUT)
as:**

The ability to overcome resistance.

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Strength h

- Soldiers need strength to march under load, enter and clear a building or trench line, repeatedly load heavy rounds, lift equipment, and transport a wounded soldier to the casualty collection point.
- The goal of strength training is to attain the strength required to perform functional movements against resistance.
- A well-designed strength training program improves performance and controls injuries.

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Strength

- Calisthenics are the foundation of Army strength training and body management.
- The conditioning drills contain a structured sequence of calisthenics designed to develop the fundamental movement skills necessary for soldiers to manipulate their own body weight.
- Strength is further developed through the use of pull-ups, rope climbing, obstacle negotiation, free weights and strength training machines.

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**Endurance is defined in The TRADOC
Standardized PT Guide (BCT, AIT Cohorted,
AIT Non-Cohorted, and OSUT) as:**

The ability to sustain activity.

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Enduranc

e

- Endurance training enhances both the ability to sustain high intensity activity of short duration (anaerobic) and low-intensity activity of long duration (aerobic).
- Examples of anaerobic training are sprinting, individual movement techniques, and negotiating obstacles.
- Examples of aerobic training are continuous running, foot marching, cross-country movement, and water survival.

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Enduranc e

- A properly planned and executed endurance-training program will be balanced with respect to both aerobic and anaerobic training.
- Endurance training programs based solely on distance running, while likely to improve aerobic endurance, may fail to prepare units for the anaerobic endurance requirements of soldier common tasks.

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**Mobility is defined in The TRADOC
Standardized PT Guide (BCT, AIT
Cohorted, AIT Non-Cohorted, and OSUT)
as:**

Movement proficiency.

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Mobilit

- The component of mobility functionally applies strength and endurance to enhance performance of physical tasks.
- For example, strength with mobility allows a soldier to squat low, in order to achieve a safe and effective position to lift a casualty.
- A soldier possessing strength, without sufficient mobility may have difficulty executing the same casualty transport technique.

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Mobility

- Likewise, a soldier possessing endurance without mobility may be fine for a distance runner, but for soldiers performing individual movement techniques (IMT), both components are essential for success.
- Mobility consists of eight qualitative performance factors: agility, balance, coordination, posture, stability, flexibility speed and power.

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Mobilit

Mobility consists of eight qualitative performance factors:

- Agility
- Balance
- Coordination
- Posture
- Stability
- Flexibility
- Speed
- Power

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Body Composition is defined in The TRADOC Standardized PT Guide (BCT, AIT Cohorted, AIT Non-Cohorted, and OSUT) as:

The amount of body fat a soldier has in comparison to his lean body mass.

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Body

Composition

- Body composition is a component of health and well being, contributing to physical performance.
- Improving the components of strength, endurance and mobility through a sound physical training (PT) program, accompanied by good nutritional practices, will promote the maintenance of appropriate body composition.
- Refer to AR 600-9, The Army Weight Control Program, for specific information on diet, weight control and body composition guidelines.

Standardized Physical Training Program Implementation

Enabling Learning Objective (ELO) C

ACTION: Describe the principles of
Standardized PT.

CONDITION: Given the TRADOC Standardized
PT Guide (BCT, AIT Cohorted, AIT
Non-Cohorted, and OSUT).

STANDARD: Describe the principles of
Standardized PT IAW the TRADOC
Standardized PT Guide (BCT, AIT
Cohorted, AIT Non-Cohorted, and
OSUT)

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Principles of Standardized PT

- **Precision**
- **Progression**
- **Integration**

Adherence to certain basic exercise principles is essential to an effective and well-balanced PT program that safely challenges all soldiers.

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Precision

**Precision is defined in The TRADOC
Standardized PT Guide (BCT, AIT
Cohorted, AIT Non-Cohorted, and OSUT)
as:**

**The strict adherence to optimal
execution standards for PT activities.**

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Precision

- Precision is based on the premise that the quality of movement is just as important as the weight lifted or repetitions performed.
- Precision is important not only for improving physical skills and abilities, but also for decreasing the likelihood of injury due to faulty movement.
- A precise execution standard in the conduct of all PT activities ensures the development of body management and fundamental movement skills

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Progressio n

**Progression is defined in The TRADOC
Standardized PT Guide (BCT, AIT Cohorted,
AIT Non-Cohorted, and OSUT) as:**

**The systematic increase in the intensity
and/or duration of PT activities.**

Standardized Physical Training Program Implementation

Progressio n

- Proper progression allows the body to positively adapt to the stresses of training.
- When progression is violated by too rapid an increase in intensity and/or duration, the soldier is unable to adapt to the demands of training.
- The soldier is then unable to recover which leads to over-training or the possibility of injury.

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Integration

Integration is defined in The TRADOC Standardized PT Guide (BCT, AIT Cohorted, AIT Non-Cohorted, and OSUT) as:

The use of multiple training activities to achieve balance in the Standardized PT Program and appropriate recovery between PT activities.

Standardized Physical Training Program Implementation

Integration

Due to the fact that most common soldier tasks require a blend of strength, endurance and mobility, PT activity schedules are designed to challenge all three components of Standardized PT in an integrated manner.

Standardized Physical Training Program Implementation

Enabling Learning Objective (ELO) D

ACTION: Describe the elements of a
standardized PT session.

CONDITION: Given the TRADOC
Standardized PT Guide (BCT,
AIT Cohorted, AIT Non-
Cohorted, and OSUT).

STANDARD: Describe the elements of a
standardized PT session IAW TRADOC
Standardized PT Guide (BCT, AIT
Cohorted, AIT Non-Cohorted,

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Elements of the Standardized PT Session

- **Warm-up**
- **Activity**
- **Cool-down**

The standardized PT session will always begin with the standardized warm-up followed by standardized PT activities and finishing with the standardized cool-down.

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Warm-up

- The warm-up should last approximately 10 to 15 minutes and occur just before the endurance and mobility or strength and mobility activities of the PT session.
- The performance of Conditioning Drill 1 (1 set x 5 repetitions) followed by The Military Movement Drill (1 set x 1 repetition) comprises the warm-up for **ALL** PT sessions.
- After the warm-up, soldiers are ready for more intense conditioning activities.

Standardized Physical Training Program Implementation

Activities

- | | |
|---|---|
| • Conditioning Drill 1
Management) | Calisthenics (Strength & Body |
| • Conditioning Drill 2
Endurance) | APFT & Pull-up (Strength & |
| • Conditioning Drill 3 | Advanced Calisthenics (Strength) |
| • The Military Movement Drill | Form Running (Mobility) |
| • Ability Group Run | Continuous Running (Aerobic Endurance) |
| • 30:60s and 60:120s | Speed Running (Anaerobic Power) |
| • 300-yard Shuttle Run
Mobility) | Shuttle Run (Anaerobic Power & |

Perform only those activities listed in the TRADOC Standardized PT Guide (BCT, AIT Cohorted, AIT Non-Cohorted, and OSUT)

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Cool- down

- The cool-down serves to gradually slow the heart rate and helps prevent pooling of the blood in the legs and feet.
- Soldiers should begin the cool down by walking until their heart rates return to less than 100 beats per minute (BPM) and heavy sweating stops.
- The cool-down should last approximately 10 to 15 minutes and occur immediately after the activities of the standardized PT session.

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Cool- down

- The performance of Conditioning Drill 1 (1 set x 5 repetitions) followed by The Stretch Drill (hold each stretch for 20 seconds) comprises the cool-down for ALL PT sessions.
- Cool-down safely brings soldiers back to their pre-exercise state after performing intense conditioning activities. Performance of the cool-down also helps to improve flexibility and range of motion.

Standardized Physical Training Program Implementation

Enabling Learning Objective (ELO) E

ACTION: Describe the Army standardized PT assessment and evaluation.

CONDITION: Given the TRADOC Standardized PT Guide (BCT, AIT Cohorted, AIT Non-Cohorted, and OSUT).

STANDARD: Describe the Army standardized PT assessment and evaluation IAW TRADOC Standardized PT Guide (BCT, AIT Cohorted, AIT Non-Cohorted, and OSUT).

Standardized Physical Training Program Implementation

Assessment and Evaluation

- The Army standard for assessing physical fitness is the Army Physical Fitness Test (APFT).
- The APFT measures baseline physical fitness, qualifying soldiers to wear the uniform.
- Refer to the Army Standardized Physical Training Guide for procedures to conduct of the APFT.

Standardized Physical Training Program Implementation

Assessment and Evaluation

The 1-1-1 Physical Fitness Assessment, described in the Army Standardized Physical Training Guide, is a quick and easy snapshot for the commander of unit APFT readiness and is used to determine a soldiers' appropriate placement in running ability groups.

Standardized Physical Training Program Implementation

Enabling Learning Objective (ELO) F

ACTION: Describe planning considerations for
implementation of the standardized
PT program in IET.

CONDITION: Given the TRADOC Standardized PT
Guide (BCT, AIT Cohorted, AIT Non-
Cohorted, and OSUT).

STANDARD: Describe planning considerations for
implementation of the
standardized PT program in IET IAW
TRADOC Standardized PT Guide (BCT, AIT
Cohorted, AIT Non-Cohorted, and OSUT).

Standardized Physical Training Program Implementation

Planning Considerations

- Precision**
- Progression**
- Integration**

Standardized Physical Training Program Implementation Recommendations

- **Do not conduct endurance training (running) days consecutively.**
- **Do not conduct strength training (CD 2) days consecutively.**
- **Do not conduct foot marches and endurance training days consecutively later in the training cycle.**
- **The standardized warm-up should be conducted prior to all foot marches and the standardized cool-down should be conducted upon completion of foot marches.**
- **If the APFT is not conducted on a Monday, then NO PT is conducted on the day before the APFT.**
- **Speed running is performed once per week, preferably in the middle of the week.**
- **A minimum of two MSE and two CR days are conducted weekly.**

Standardized Physical Training Program Implementation

Enabling Learning Objective (ELO) G

ACTION: Describe implementation of the
standardized PT program in
BCT.

CONDITION: Given the TRADOC
Standardized PT Guide (BCT).

STANDARD: Describe the implementation
of the standardized PT
program in BCT IAW the TRADOC
Standardized PT Guide (BCT).

Standardized Physical Training Program Implementation

PT Activities	BCT		
	Week 2	Week 6	Week 8
PU Total	40	80	60
Core Total	125	170	150
	Run Time/Pace		
A Group	15 min @ 7:30 Pace	25 min @ 7:15 Pace	30 min @ 7:30 Pace
B Group	15 min @ 8:30 Pace	25 min @ 8:00 Pace	30 min @ 8:00 Pace
C Group	12 min @ 10:00 Pace	20 min @ 8:30 Pace	20 min @ 8:15 Pace
D Group	12 min @ 11:00 Pace	20 min @ 9:30 Pace	20 min @ 9:00 Pace

Standardized Physical Training Program Implementation

Enabling Learning Objective (ELO) H

ACTION: Describe implementation of the
standardized PT program in
OSUT.

CONDITION: Given the TRADOC
Standardized PT Guide
(OSUT).

STANDARD: Describe the implementation
of the standardized PT
program in OSUT IAW the TRADOC
Standardized PT Guide (OSUT).

Standardized Physical Training Program Implementation

OSUT Weeks 1-9

- PT Sessions of weeks 1 through 9 are the same for BCT and OSUT except that the APFT conducted in week 7 is a diagnostic APFT in OSUT.

Standardized Physical Training Program Implementation

PT Activities	OSUT		
	Week 2	Week 9	Week 13
PU Total	40	60	100
Core Total	125	145	210
	Run Time/Pace		
A Group	15 min @ 7:30 Pace	30 min @ 7:30 Pace	30 min @ 7:00 Pace
B Group	15 min @ 8:30 Pace	30 min @ 8:00 Pace	30 min @ 7:30 Pace
C Group	12 min @ 10:00 Pace	20 min @ 8:15 Pace	20 min @ 8:00 Pace
D Group	12 min @ 11:00 Pace	20 min @ 9:00 Pace	20 min @ 8:45 Pace

Standardized Physical Training Program Implementation

Enabling Learning Objective (ELO) I

ACTION: Describe implementation of the
standardized PT program in
AIT Cohorted.

CONDITION: Given the TRADOC
Standardized PT Guide (AIT
Cohorted).

STANDARD: Describe the implementation
of the standardized PT
program in OSUT IAW the TRADOC
Standardized PT Guide (AIT
Cohorted).

Standardized Physical Training Program Implementation

PT Activities	AIT (COHORTED)		
	Week 2	Week 9	Week 13
PU Total	50	70	90
Core Total	135	175	190
	Run Time/Pace		
A Group	20 min @ 7:15 Pace	30 min @ 7:15 Pace	30 min @ 7:00 Pace
B Group	20 min @ 7:45 Pace	30 min @ 7:30 Pace	30 min @ 7:30 Pace
C Group	20 min @ 8:45 Pace	20 min @ 8:15 Pace	20 min @ 8:00 Pace
D Group	20 min @ 9:00 Pace	20 min @ 9:00 Pace	20 min @ 8:45 Pace

Standardized Physical Training Program Implementation

Enabling Learning Objective (ELO) J

ACTION: Describe implementation of the
standardized PT program in
AIT Non-Cohorted.

CONDITION: Given the TRADOC
Standardized PT Guide (AIT
Non-Cohorted).

STANDARD: Describe the implementation
of the standardized PT
program in OSUT IAW the TRADOC
Standardized PT Guide (AIT
Non-Cohorted)

Standardized Physical Training Program Implementation

Terminal Learning Objective

ACTION: Teach, lead and assess soldiers in the performance of
Standardized Physical Training (PT).

CONDITION: Given the TRADOC
Standardized PT Guide (BCT, AIT Cohorted, AIT Non-Cohorted, and OSUT).

STANDARD: Teach, lead and assess
soldiers in the performance of
**Standardized PT IAW TRADOC
Standardized PT Guide (BCT.**

Standardized Physical Training Program Implementation Recommendations

- Do not conduct endurance training (running) days consecutively.
- Do not conduct strength training (CD 2) days consecutively.
- Do not conduct foot marches and endurance training days consecutively later in the training cycle.
- The standardized warm-up should be conducted prior to all foot marches and the standardized cool-down should be conducted upon completion of foot marches.
- If the APFT is not conducted on a Monday, then NO PT is conducted on the day before the APFT.
- Speed running is performed once per week, preferably in the middle of the week.
- A minimum of two MSE and two CR days are conducted weekly.

Standardized Physical Training Program Implementation

QUESTIONS?